



SPOKE



30th Year — No. 43

December 14, 1998

What's Inside



Conestoga student gets a sweet win in candy-counting contest.

Page 6



Days before closing the deal, Waterloo campus teacher's house burns down.

Page 6



Journalism student makes it to the semi-finals in photography contest.

Page 11

COMMENTARY

Page 4

Stressing the importance of staying calm

DSA impressed with food donations

By Brent Clouthier

Conestoga College's food bank should have its shelves well-stocked this year, says Becky Boertien, Doon Student Association's director of student life. The recent donations have Boertien pleased.

"It's gone quite well," she said. "I know this box (in the DSA office) is pretty full. A couple of different faculty and administration groups too, have gotten together and done some mini-events to raise money and bring in items. It's been quite impressive."

Officially called the Conestoga College Food Share Program, all donations to the service are given to Conestoga students and their families.

Boertien said although the food bank accepts donations all year round, the DSA puts out more of a push during the Christmas season.

"We've sent out a note to different departments hoping that we can get support from staff and faculty. There's also drop-off boxes at student services, outside the security office, in the cafeteria, as well as at the DSA office.

"All you have to do is let people know that there is a need and they respond to it," she added. "They're helpful with giving."

In addition to non-perishable food items, the program also offers gift certificates, donated from M&M Meats, and food vouchers from Zehrs.

Boertien said the food bank keeps such items because crises arise when people need items such as milk and diapers rather than canned food.

She finds most of the program's support comes from Conestoga staff and faculty.

"They're our number-one supporters," said Boertien. "We also have support from the faculty union. They give us the cash that we use to purchase food vouchers or whatever else we need. The DSA, as a whole, give monthly towards food vouchers, too."

Although happy with the current results, Boertien would like to see a bit more variety in the items that are donated.



Who are these guys?

The co-ed intramural volleyball team, These Guys, completed their season undefeated after winning the playoffs on Dec. 2. Team members are, clockwise from bottom, Scott Shannon, Lindsay MacKinnon, Steve Nizielski, Bill Ryan, Tammy Gatten, Gregg Haskell and Amanda Newell. For story, see Page 7.

(Photo by Jason Gennings)

Car accident

Conestoga student suffers nerve damage

By Jaime Clark

A Conestoga College student was injured in a car accident Dec. 3.

Judy Sankar, 20, of Kitchener, was driving down Huron Road at 8:40 a.m. when she swerved to miss a cat and struck the end of a cement bridge. "The police officer on the scene said I was really lucky," she said.

Sankar was taken to St. Mary's Hospital in Kitchener, but was later transferred to Stratford General Hospital where she received plastic surgery to reconstruct a nerve in her forehead.

The fourth-semester journalism student received 25 stitches on her forehead and right eyelid as a result of striking her head on the steering wheel upon impact.



Judy Sankar

She has nerve damage at the top of her scalp and forehead as a result of the injury. It is not

"The police officer on the scene said I was really lucky."

Judy Sankar, fourth-semester journalism student

known whether the damage will be permanent.

Sankar was alone in the car when the accident occurred. A man driving on his way to work stopped and called 911.

"I was relieved that somebody drove by so quickly," she said.

The damage to Sankar's 1989 Toyota Tercel was extensive enough that she will not get it repaired.

See Food... Page 2

Graphics student wins award

By Melanie Spencer
and Rob Himburg

Wade Convey, a second-year graphic-design student, has won the ISO 9001 logo competition. He was presented with a \$500 cheque by Conestoga College president John Tibbits on Dec. 2.

"It's a nice addition to my portfolio," said Convey, who has also won awards for designing the inside cover for Women's Investors, as well as for work done for a Waterloo high school's cheerleading team. Of the 38 graphic-design students who participated in the

contest, the three finalists were Convey, Erin Millen and Lisa Cowey.

Bill Jeffrey, ISO management representative and chair of the ISO steering committee, said the committee had been searching for a logo and slogan to use as the college continues the ISO journey. "The award winner knew there were certain criteria we were looking at with respect to selecting one of the best," said Jeffery, who is also the dean of health sciences and community services.

"All three of the presentations were professionally done," he added.

Convey's winning logo will be unveiled in January 1999, at the ISO 9001 kick-off.



Wade Convey, a second-year graphic-design student, was presented a \$500 cheque by Conestoga president John Tibbits for his winning design. (Photo by Rob Himburg)

HAVE THE POLICE LOST THEIR STING?

BUY SELL TRADE

AT THE AREA'S LARGEST SELECTION OF USED CDS

WE OFFER THE MOST **USED CD** *the Beat GOES ON* **FOR YOUR USED CDS OUTLET**

385 Fairway Road St. KITCHENER (Canadian Tire Plaza) 893-2464	402 King Street N. WATERLOO (Between Harvey's & Burger King) 884-7376	415 Hespeler Road. CAMBRIDGE (Across from McDonald's) 622-7774	23 Wellington Road E. GUELPH (Across from Wendy's) 823-5341
--	--	---	--

Update

Students in accident now at home

By Melissa Dietrich

First-year Conestoga College business-management students Adam Passmore and Jessica Sperling are resting at home three weeks after they were involved in an accident that sent them to hospital.

According to friend Kim Farrow, Sperling suffered several internal injuries as a result of the crash that occurred Nov. 20.

In addition to having her kidney

removed, she had a small tear in her liver, lacerations to her spleen and spine and a bruised and bloated large intestine.

"Most of it has stabilized now," said Farrow. "She is still in a lot of lateral-movement pain."

Farrow said Sperling's injuries should heal and she will not have to have more surgery.

Farrow said Passmore suffers from a shattered right kneecap and several cuts to his face as a result of the crash.

Fellow classmate Mike Harris said the two were on their way to Country Boy Restaurant in Kitchener, when a truck backed out of a driveway at the corner of Manitou Drive and Sasaga Drive.

Harris explained that when attempting to avoid the truck, Passmore lost control of his car and veered into oncoming traffic.

Farrow said after the crash occurred Sperling got out of the car and sat on a curb until a passerby came.

However, Passmore, who was unconscious, remained in the car until the ambulance came. An extractor was required to get him out of the car, said Farrow.

She said it is expected that it will take a couple of months for Sperling to recuperate and Passmore may try to be back in school for the winter semester, but doctors are not yet sure.

"They both just need lots of rest," said Farrow.

Farrow also said there is an investigation into the accident going on. Investigating officers were unavailable for comment.

PADDY'S IRISH REDS

We only sell what we can't drink ourselves

Counsellor's Corner: Public Speaking

Do you do any of the following?

- 1) Feel extreme anxiety when thinking about doing a presentation.
- 2) Find your palms sweat, your legs shake or your heart beats wildly before, during or after a speech.
- 3) Find your thoughts race and your mind blanks before or during a presentation.
- 4) Select your program/course/assignments to be "safe" from having to make a speech.
- 5) Risk low marks or failure in a course by not doing a speech.
- 6) Develop creative excuses or illnesses (that feel real at the time) to avoid doing presentations.
- 7) Let others in your group "carry" the presentation.
- 8) Fear of "making a fool of yourself" in front of teachers or peers.
- 9) Believe everyone is fairly calm but see yourself as a "wreck."

These are some signs you may be experiencing one of the most common anxieties: public speaking anxiety. It can be overcome using a planful approach involving: 1) recognizing and altering negative thoughts; 2) relaxation and positive mental rehearsal techniques; and 3) practicing in low-risk situations and the in situations with graduated levels of risk.

If your course work, your well-being or your potential to perform as an employee are affected, it is time to do something about it. Remember, avoidance actually increases anxiety! The following resources are available to you at the college:

- 1) Join a Public Speaking Anxiety group, offered through Student Services (2B02) in the Winter semester.
- 2) Enrol in the Public Speaking option of the Anxiety and Personal Performance course (offered in D block starting January, 1999).
- 3) Read the Anxiety and Phobia Workbook, Bourne available at the LRC
- 4) Make an appointment with a counsellor in Student Services

Upcoming Intramural Games

Ball Hockey

Tues. Dec. 8

4:00	Blades vs. Crazy Canucks
4:50	6.50 Pitchers vs. Galt Hornets
5:30	B.B.B. vs. Dinamo

Thurs. Dec. 10

4:00	S.O.B.'s vs. Enforcers
4:50	Bearded Clams vs. Galt Hornets
5:30	Wolves vs. Killer Bees

Ice Hockey

Tues. Dec. 8

4:30	Individuals vs. Galley's Triumph
------	----------------------------------

Wed. Dec. 9

4:30	Space Cowboys vs. Misfits
5:30	Galley's Triumph vs. Chiefs

... continued from Page 1

Food bank needs diversity

"A lot of people are stereotypical when they do give," she said. "They'll give the macaroni and cheese and the canned beans. We really try to encourage that people need canned vegetables other than beans. Beans are great, but it's also good to have canned carrots, or peas or green beans. Even canned fruits and fruit juices."

The Student Food Share Program can be accessed through student services.

Sign gone for repairs

By Rob Himburg

Wind cannot be blamed for the disappearance of the huge message sign on Homer Watson Boulevard in front of Conestoga College.

The company that installed the sign 12 months ago has taken down the huge electrical bulletin board because it required some repairs.

"There were some problems with the message area not closing properly," said Barry Milner, head of physical resources.

"In addition, the base of the sign was not as stable as it should be."

The repairs will not cost the college anything as they are covered under the one-year warranty that came along with the installation of the sign.

During the absence of the sign, the week of Dec. 7-11 has been arranged as a "week of no messages" between physical resources and John Sawicki of public affairs, who is in charge of posting the messages on the sign. Messages will be posted next week, upon the re-installation of the sign.

ISO group making headway

By Rob Himburg

The International Organization for Standardization (ISO) steering committee is continuing its progressive trip through Conestoga College in an attempt to achieve full ISO 9001 status.

The purpose of the ISO itself is to achieve and sustain the quality of products and services, to meet customer needs and provide confidence to the customer that the intended quality will be achieved in the delivery of products or services.

The version of the program Doon has is called ISO 9001. It pertains to the design, development, production, installation and servicing of the client, otherwise known as the students.

Heading up the steering group is Bill Jeffrey, dean of the health-sciences and community-services department of the college. He acts as chair of the group and some of his duties are to ensure the establishment, implementation and maintenance of the quality-management system being created at the college.

What is unique about this committee is that it is varied in its members, with an equal share coming from three main parts of the college so all departments are represented.

"Of the 21 members of the group," Jeffrey said, "there are seven from the faculty, seven from the administration and seven from the support staff. Bryan Bambrick attends on behalf of the DSA."

The group has a schedule made up on their intended



The ISO steering committee: front row, from left, Wendy Leung, Dana Williams, Jane McDonald, Stelian George-Cosh, Bill Jeffrey, Wally Ebner, Ruth Jensen, Venice Lai, Connie Boyd, and Ann Ashberry; back row, Byran Bambrick, Frank Mensink, Eleanor Conlin, Joyce Irving, Pat St. John, Mike McClements, John McIntosh, and Walter Boettger. Absent from the photo are Greg Burns, Ann Wallace, Anne McCourt, Jack Fletcher, Bill Easdale, Sue Reed and Vanda Kelly.

(Photo by Rob Himburg)

accomplishments at Doon, but it may take a while because the group wants to make sure that everything is perfectly documented.

"The group came to be around March or April of 1998," said Jeffrey. "It was an opportunity to formulate the process and get a true commitment to the quality initiative to build around ISO 9001."

The program takes approximately 20 months to complete, but Jeffrey feels it may take a little longer.

"I figure that it will be completed in about the 20-24-month time frame," he said. "Right now, we're at around the seventh month of the 21 elements that are needed to achieve registration."

So far, the group has met 14 times in various interpretive sessions which were open to both staff and students of the college.

"It was an attempt to increase awareness of the program," said Jeffrey. "We also chose a new logo and slogan for the ISO kick-off in January."

The steering group, officially titled the ISO Quality Management System Group, has two main functions.

"The group directs the planning and implementation of the system," said Jeffrey. "Right from the beginning through to final registration. It also documents what we are doing right now, as well as constantly looking for ways to enhance quality."

The group itself is focused

mainly on customer satisfaction, the main customers being the students.

"We are trying to enhance the quality of teaching and learning through an auditing process," said Jeffrey.

"We can make use of these surveys on instructional appraisal in order to enhance the areas of education, security and student services."

Conestoga is only the second college in Canada, along with St. Lawrence, to have ISO 9001, and even St. Lawrence's is limited to one area — academics.

"We could be the first college in Ontario," Jeffrey said "maybe even in Canada that will receive full certification in all aspects of ISO 9001."

Have stories ideas? Call us at
748-5366, e-mail us at
spoke@conestogac.on.ca.

*A big
THANK YOU
from Student Services to
everyone who donated to the
Food Bank.
It is looking better
every day.*

Need a Ride?

Kitchener Transit

Student Bus Pass Sale

Doon Campus
Tuesday, January 5
Wednesday, January 6
10 am - 2 pm, Daily
Door #3 Foyer

Unlimited Travel
\$164 for 4 month pass,
plus \$5 for photo ID card.

Questions? Call Kitchener Transit at 741-2525

Be natural, stay stress free



Jaime Clark

It's 4 a.m. the night before a big exam.

You've been asleep for hours when suddenly you wake from your deep slumber with a twisting and turning in the pit

of your stomach. Your breath is shallow and your hands are suddenly cold.

No, you haven't got the flu; you've been hit with a stress attack.

According to The Changing Times Way to Stress Relief Web site (www.less-stress.com), stress occurs when the pressures upon us exceed our resources to cope with those pressures. Any number of elements can cause a person to feel stressed out.

For example, that big exam you feel you aren't quite ready for, or the holidays that have you ready to pull your hair out by the roots.

Stress can manifest itself as irritability, anxiety, impaired concentration, mental confusion, poor judgment, frustration and anger. Any situation that puts a person under pressure is technically stressful.

While this Web site says that not all stress is unpleasant or harmful when people cope satisfactorily, the Success Without Stress Web site (www.successwithoutstress.org) says there is no such thing as good stress. A little or a lot is unhealthy and no one needs stress in their lives to feel motivated or energized.

So which is it? Is stress good for us or not?

Personally, the pounding behind my eyes the night before an exam is something I can do without.

Also, the crabby remarks and feisty attitude aimed at anyone in my general vicinity aren't

usually healthy for my friends or family.

The Stress Free Net Web site (www.stressfree.com) says stress is an epidemic in the western world which contributes directly or indirectly to the six leading causes of death in the United

States: coronary artery disease; cancer; respiratory disorders; accidental injuries; cirrhosis of the liver; suicide.

Over two-thirds of office visits to physicians are for stress-related illness.

Why are we so stressed and what

can we do about it?

The former is a much harder issue to decipher. Perhaps it is our fast-paced world of instant gratification. When we don't get what we want right away, our brows furrow and we get "stressed out." Perhaps it is the fact that friends, family members, or bosses put greater expectations on society. The fear of failure, or not living up to expectations, is very real to many people and should not be taken lightly.

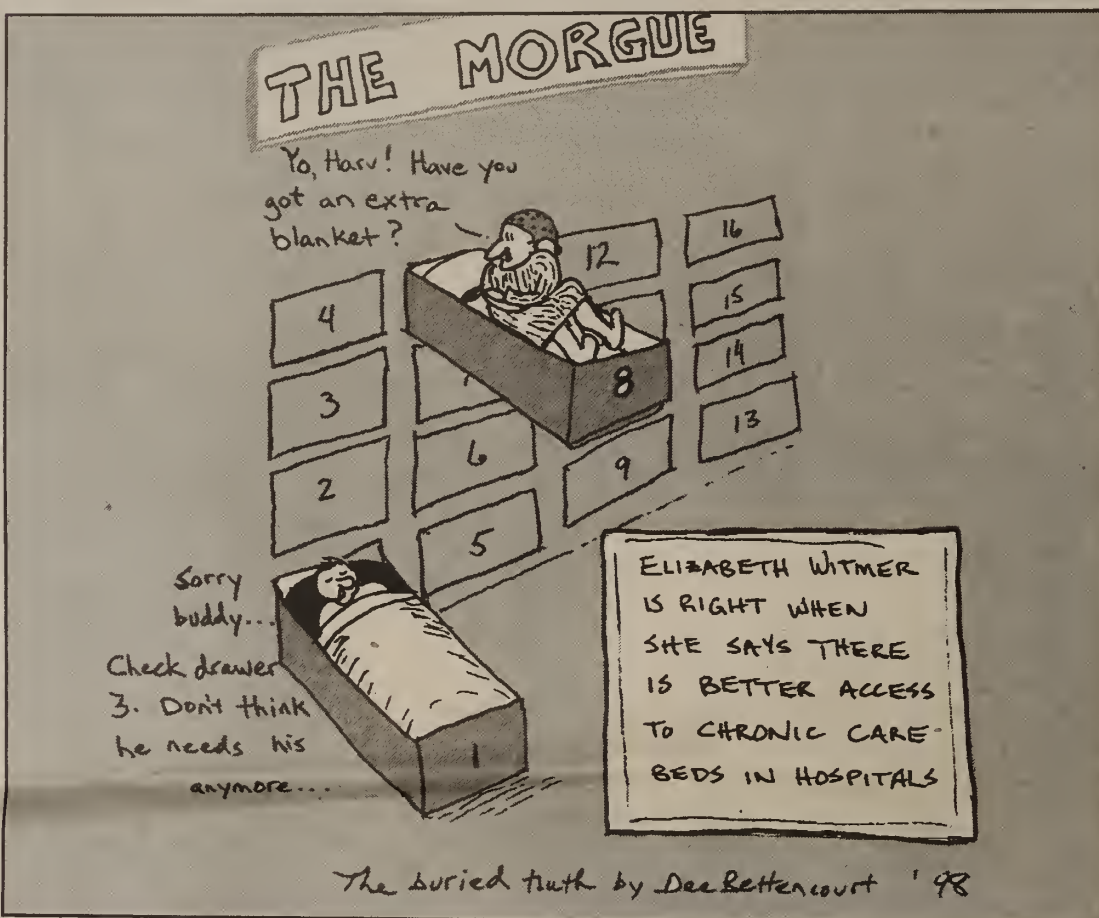
Or maybe, pleading stress is the ultimate excuse. "No sorry, I don't think I can work on Friday night. I'm pretty stressed out from my hectic week at school." That's pretty clever.

For those with some serious stress issues, the University of Indiana Web site (www.iuinfo.indiana.edu) recommends people BE NATURAL: B- breathe deeply; E- exercise for 20 minutes; N- nutrition: three well-balanced meals a day; A- attitude: try and see the glass half full; T- time management: set priorities and don't take on more than you can handle; U- uniqueness: recognize your uniqueness, say no when necessary; R- relaxation: private time to read or listen to music; A- associations: maintain contact with nurturing support systems; L- laughter: still the best medicine.

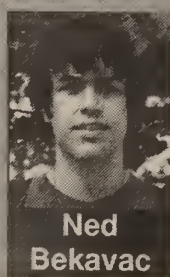
So, the next time you feel one of those panic attacks coming on like a freight train, relax and take a deep breath. Re-evaluate the situation and tackle it at the best angle.

After all, it's probably not half as bad as you think.

Over two-thirds of office visits to physicians are for stress-related illness.



Play it again, Cam



Ned Bekavac

As Vinny Testaverde plunges to the one-yard line on a fourth-down quarterback sneak against the visiting Seattle Seahawks, his New York Jets celebrate a 32-31 victory.

The NFL season is winding down, and the Seattle Seahawks,

Buffalo Bills and Pittsburgh Steelers await their playoff fate.

The "Our playoff destiny is in our own hands," may never again apply.

Two weeks: three games decided not by the men in uniform who are paid to win ball games, but by the men in uniform paid to make sure the rules are complied with.

The 7-6 Steelers, could be 8-5 and primed for a playoff run, if it were not for the already infamous misheard overtime coin flip in front of a national television audience on Thanksgiving. The 8-5 Buffalo Bills would be 9-4, two full games ahead of the New England Patriots, had it

not been for two botched calls in the dying seconds Nov. 31. The 6-7 Seattle Seahawks, after seeing Testaverde get stuffed at the one-yard line in what would have been the last play of the game for the Jets, are now all but out of the playoffs.

The National Football League, finally, has stepped in. While instant replay was sidelined again this year in a pre-season vote by the owners, the NFL is tinkering with the idea of reinstating it for playoffs.

The owners had said that instant replay takes too much time, that it unnecessarily lengthens the duration of the game, as if to say that commercial time-outs don't. The owners are now changing their tune.

Though purists argue human error is a natural part of the game, there is not much about football that qualifies as natural.

Football is a science. On-field coaches, off-field coaches, assistants and hundreds of others operate the joysticks that move their players. Like strategies, the rules and their interpretations are just as complex. The referees alone cannot keep up. Bring in science.

Referees, even as trained professionals, are bound to err, but NFL officials this year have blown far too many game-breaking calls.

"Our playoff destiny is in our own hands," may never again apply.

It is not like any professional sports association to make a major overhaul of the rules midway through the season, but the NFL, if it is to protect the integrity of its game, should make sure sudden-death playoff games do not turn on an official's missed call.

Though replay would add several minutes to the duration of the already lengthy game, coaches, players and referees could finally take solace in the fact that that team deserving of victory actually won.

That should be motivation enough.

SPOKE: Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

Editor: Melanie Spencer; News Editor: Jaime Clark; Student Life Editor: Lisa Wilhelm;

Entertainment Editor: Judy Sankar; Sports Editor: Ned Bekavac; Photo Editors: Denise Bettencourt, Neven Mujezinovic;

Multi-media Editor: Jason Gennings; Production Manager: Melissa Dietrich; Advertising Manager: Sarah Thomson;

Circulation Managers: Rob Himburg, Jacqueline Smith; Faculty Supervisor: Jim Hagarty; Faculty Adviser: Dick Scott.

SPOKE's address is 299 Doon Valley Dr., Room 4B15, Kitchener, Ontario, N2G 4M4.

Phone: 748-5366 Fax: 748-5971 E-mail: spoke@conestogac.on.ca

SPOKE is mainly funded from September to May by the Doon Student Association (DSA). The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the DSA. Advertisers in SPOKE are not endorsed by the DSA unless their advertisements contain the DSA logo. SPOKE shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Unsolicited submissions must be sent to the editor by 9:30 a.m. Monday. Submissions are subject to acceptance or rejection and should be clearly written or typed; a WordPerfect or MS Word file would be helpful. Submissions must not contain any libellous statements and may be accompanied by an illustration (such as a photograph).

Letter

DSA invites letter writer to try the events he condemns

We are writing in response to the letter in last week's edition of SPOKE entitled "Chill out SPOKE!; school's about fun, too." It seems that our DSA events that were planned for the NATIONAL COLLEGIATE ALCOHOL AWARENESS WEEK were not appreciated by Mr. Galley.

It is certainly true that the majority of students have an excellent time socializing and drinking with all of their friends, and that these kinds of activities are an important part of college life. That is why the DSA does their best to plan quality licensed activities for all the students to enjoy.

However, for this one week, it was the DSA's intentions to promote awareness and create numerous fun activities that played on traditional events.

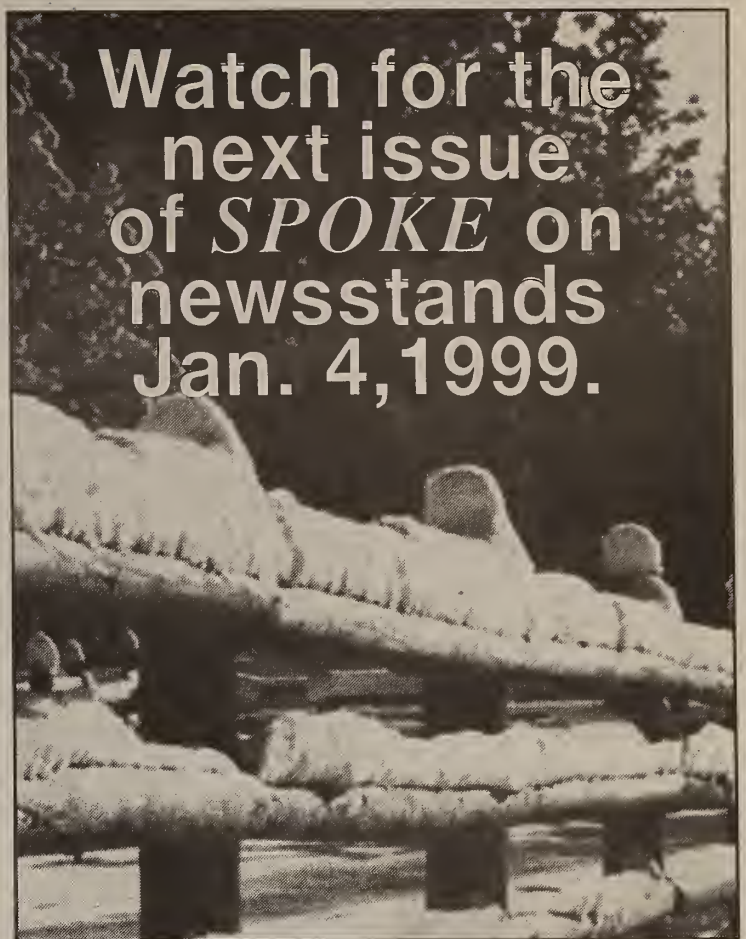
Indeed it was a "Grub" Crawl, our most successful event, that was an opportunity for a bus full of students to eat, party and socialize in a safe drinking environment. Most of the 40 students who participated did not drink, and all of them would tell you that it didn't matter — we had an awesome time!!!!

Perhaps Mr. Galley would have been more appreciative of our events if he had participated in any of them. In any case he wouldn't have needed to criticize the writers of SPOKE for reporting the DSA events.

As the DSA executive, we are always looking for ways to increase student involvement and provide a wide variety of events for our students to enjoy, whether they are licensed or dry.

Should you have any further comments or concerns about any DSA activities, or any ideas for future events, we would certainly entertain them in the DSA office. We are always open to any positive suggestions that students might have, as a number of our most successful events, like our Casino Niagara Trip, come from student ideas.

Gerry Cleaves,
vice-president of student affairs
Ellen Ménage, promotions assistant
DSA Alcohol Awareness Week co-ordinators



Watch for the
next issue
of *SPOKE* on
newsstands
Jan. 4, 1999.



Security officer Michelle Wage demonstrates the "master key" used by security to open lockers with locks left open.
(Photo by Rob Himburg)

Combination woes

Cutting into locker problems

By Rob Himburg

Snap, crackle and pop. Those are not Kellogg's Rice Krispies; they are the three sounds that combination locks left on lockers will make before they are forcefully removed by college security at Doon.

It is a hassle for security, who have to go through the entire college and bag whatever items they find in the lockers. They then have to find and attempt to return property to owners.

Allan Hunter, supervisor of security services, hopes the end of this semester will bring fewer lockers that need to be forcibly opened.

"Last spring, there were around 350 lockers that had to be opened and cleaned out," he said. "And in November of this year, from lockers we have had to open, we have two lockers full of items that

were removed from them."

Security then looks for the owners of the items seized, but sometimes it is not as easy as it sounds.

"Some students have a parental address listed," said Hunter. "And they have either moved away for work or such."

Hunter said items that are not reclaimed by owners are sorted, with the useless items going into the garbage, while books and useful items go to the Doon Student Association for resale.

"One person's garbage is another person's treasure," said Hunter.

There have been a variety of items found in the entered lockers, some worth quite a bit of money.

"We've found computer disks, expensive textbooks, watches and jackets to name a few," said

Hunter. "Some of the jackets have car keys in them so you wonder how the people get home."

These items are placed in a lost-and-found area and can be claimed by the owner.

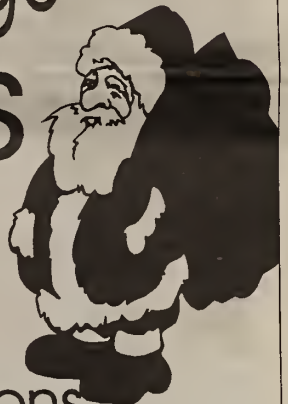
Hunter commends other students on their honesty as well, as not only items from lockers have been turned in.

"Students are not praised enough for their honesty," he said. "Money has been turned in here; one student brought in \$20. If it is not claimed, then the money is returned to the finder."

When classes end, be sure to remember to take your lock and items from your locker with you for the holidays. You do not want to come back to see an empty locker, violated by security's "master key."

Besides, those locks are not cheap.

T'was a Great Night....
at
Loose Change
Louies



Congratulations

STEVE COLEMAN,

1st Year CPA Student

WINNER OF THE TRIP

FOR 2 TO

Acapulco, Mexico



Special thanks to our sponsors:

Breakaway Tours

Molson Breweries

& Loose Change Louie's

Get ready for more partying
at Loose Change next semester



Sweet deal for lucky student

By Jacqueline Smith

In an effort to raise the profile of Conestoga College's alumni services office at Doon, Monica Himmelman began a contest on the week of Nov. 30.

In the contest, students were required to guess the number of candies it took to fill a jar by filling out a ballot in the student employment, co-op education and alumni services office.

On the ballot, each contestant was required to put his or her name, program of study, phone

number, and how many candies he or she believed were in the jar. The person with the closest number received the jar of candy, plus a surprise gift bag.

Peter Redekop, a third-year electrical-engineering technology student, won the prize with his guess of 351.

"I don't plan on eating them all," said Redekop, when asked what he will do with his prize.

Redekop said he plans to share his gifts with his two nieces and nephew. "I already told them about it and they are really excited."

Redekop said he was in the office looking through the job-placement book when Himmelman, who has only recently been hired as the alumni-services officer, told him to fill out one of the ballots. "I just filled the ballot out; I did not expect to win," said the student, adding that he was surprised when Himmelman phoned on Dec. 3, to tell him he'd won.

Himmelman said 40 students entered the first of three draws, but Redekop's guess of 351, was only 25 over the actual count.

The alumni-services officer said Dec. 10 and 18 are the dates for the two other draws.

Left: "I just hope I don't get jumped on my way to the car," said Peter Redekop after claiming his prize on Dec. 6.

(Photo by Jacqueline Smith)



Mary Wright of alumni services presents Peter Redekop with the jar of candy and a surprise gift bag he won in the alumni-services office Dec. 6.

(Photo by Jacqueline Smith)

Faculty member suspects arson

Days before move, blaze destroys teacher's home

By Dee Bettencourt

On the night of Nov. 6, Diane Cudney and her family went to sleep, secure in the knowledge their upcoming move was what each member had accepted and was excited about.

But by 5 a.m. the next day, that vision for 489 Sandbanks Cres., Waterloo, was destroyed. Fire had claimed the newly built dream home, just days before their move-in date.

With their home of 15 years already sold, Cudney, a faculty member in food and beverage management at Conestoga College's Waterloo campus, says her nighttime thoughts changed to "Diane Cudney, of no fixed address."

Cudney says Mennonite farmland could be seen from a bedroom at the house, located just off Benjamin Road before the old Farmers' Market.

"The house was built, other than the carpets needed to be laid. Sod was laid the day before. We had put some extra cabinetry in the day before, as well, even though it wasn't a custom home," says Cudney. "It was arson. The house next door was where the fire started. Our house caught four times. They had to pump 600 gallons of water from our basement."

Insp. Dale Mayhew of the Waterloo fire department would not confirm the cause of the blaze as arson. "The fire is still under investigation by the Ontario Fire Marshal's Office."

Four Sandbanks Crescent properties were damaged that morning in the blaze. "The fire started at 491, caused enough damage to 489 (Cudney's home) so it was torn down, and caused damage to siding at 487 and 495 Sandbanks," says Mayhew.

Fortunately, the demolished homes were both empty, although

the two that suffered damage to siding were occupied.

"It could have been a lot worse in another 10 minutes or so. Those other homes could have caught fire, too," says Mayhew. "One of the neighbours was up going to the washroom and called it in."

Both 491 and 489 have been already framed by their respective builders in anticipation of new tenants, but Cudney says the fire department recommended she and husband Dennis walk away from the site. "There would always be the thought of fire in that home and there are legal issues, too. I wonder 'Why did it happen?'"

Cudney says the decision to move to Sandbanks Crescent had been a long process, as it was the third house she and her husband and children Taylor, 6, and Lauren, 10, had become set on. The parents had wanted a kindergarten-to-Grade-8 school for their girls, and a large kitchen to cook in and even knew a neighbour.

"The children are the most difficult part. Taylor says, 'I didn't like the colour of the brick,'

"I said to our real estate agent, joking, next time we want watchguards."

*Diane Cudney,
food and beverage
management teacher*

but Lauren finds it a little more difficult as she knew a friend in the area," says the teacher. "We had even figured out where Christmas decorations would go. But we know it could have been a lot worse. You can't help but think we could have moved into that



Diane Cudney
(Photo by Dee Bettencourt)

house (before the fire)."

Cudney says she is appreciative of the many people who tried to help her family find accommodations to rent, an endeavour complicated by the fact they just needed a place for three or four months, not for a standard annual lease.

"Someone from the college knew of a friend who had parents who were away and offered us their apartment," she says.

"It's working out OK, but I haven't lived in an apartment for 20 years. It's smaller, it's exam time and I can't work at the computer at night or I wake up the kids. We are getting settled and we'll start looking for a home again in a few weeks. We really know what we want, after all this."

"I said to our real-estate agent, joking, next time we want watchguards. We're a little gun shy. I know it's just a fluke, but our lawyer, insurance agent, even the real-estate agent had never not closed a deal due to this reason. No one knew how to deal with the situation."



Both 429 (left) and 491 Sandbanks Cres. homes, were destroyed by fire on Nov. 7. They have been reframed since the blaze.

(Photo by Dee Bettencourt)



Cambrian goalie Chris Penny looks back helplessly as the puck trickles towards his net. The Golden Shield's Chris Maynard cleared the puck away before it could get across the goal line.

(Photo by Ned Bekavac)

Condors edged by undefeated Cambrian College

By Ned Bekavac

That shield may not be so impenetrable after all.

Mired in a six-game losing skid, the Conestoga Condors head into the Christmas break knowing they gave the toughest team in the league, the undefeated Cambrian Golden Shield, a run for their money.

Chalk it up as a momentum builder.

In a spirited effort that saw them battle back twice to tie the score against the league-leading Golden Shield, the Condors in the end fell short, losing 5-3, in Ontario Colleges Athletic Association action Dec. 5 at the Conestoga College recreation centre.

The last time the Golden Shield won by fewer than three goals was Oct. 24, when they defeated Sault Cougars 4-3, in their first game of the season.

When Darren Dillon ripped the puck through a maze of players and into the Cambrian net at 8:27 into the third period during a five-on-three power play, it looked as though the Condors could be the first team to take points from the Shield.

In the end, they just did not get enough breaks; Mike Traynor was stopped in close twice by Cambrian goalie Chris Penny in the third period after he skated through the Cambrian defence and in alone on the goalie.

At 3-6, the Condors enter the Christmas break in fourth place, trailing the Sir Sanford Fleming Auks by four points. The 8-0 Golden Shield sit alone in first place, seven points ahead of the second-place Humber Hawks.

The Condors next see action Jan. 13, when they host the Auks at the Conestoga College recreation centre.



Condor Mark Hubble celebrates his third-period power-play goal that brought Conestoga within two of the undefeated Cambrian College Golden Shield.

(Photo by Ned Bekavac)

These Guys can really play volleyball

By Jason Gennings

These Guys finished their intramural co-ed volleyball season undefeated by winning the playoffs Dec. 2.

Marlene Ford of the student athletic committee, said the playoffs all happened in a single elimination tournament that started at about 7 p.m. with the final game wrapping up by 9:30.

Ford said the top six teams automatically moved into the second round of the playoffs. Each of the 10 finalists played the games to 21, and they had to win by at least two points.

"There were originally 14 teams, and we dropped the bottom four," said Ford. "We took the top 10; the bottom two or three teams had forfeited several, so, we didn't want to include them in the playoffs."

These Guys had a bye in the first round, and beat out the Bronx Bombers in the second. Their third-round victory over the FB Wannabes sent These Guys

into the final game.

Their opponents, the Krazy 8s, worked hard for their place in the finals. Since they were ranked at number eight coming into the finals, the Krazy 8s did not have a bye in the first round. To journey to the finals they had to go through the number-four team, the Athletic Supporters, and the number-five team, the Reckies. This was made more difficult because they lacked one of their female players and had to play with a squad of five players, while other teams had six.

In the final game, the Krazy 8s had an early lead but couldn't hold it against the superior numbers on the other side of the net.

An undefeated season for These Guys finished with a 21-16 victory that crowned them champions.

The winners received bags of potato chips, and two \$15 gift certificates donated by Jack Astors.

"It's something to look forward

to once a week," said Lindsay MacKinnon, a first-year management-studies student.

After some prompting from her teammates, Most Valuable Player Amanda Newell said, "The team works well together, and we all have fun."

Co-ed volleyball started in the last week of October, and differs from other intramural sports because there are two seasons each year.

The next season starts in the new year. Ford said there are team sign-up sheets at the recreation centre, and individuals interested in playing can come out to the captains' meetings.

A \$25 bond is put up by each team, and if they don't default any games, and don't cause any problems, then they get that money back at the end of the year.

"The money for intramurals comes from the athletic fee that every student pays," said Ford.

That money pays for officials and equipment, said Ford.



Scott Shannon of These Guys goes up to block a shot by one of Krazy 8s players during the final intramural volleyball game.

(Photo by Jason Gennings)



SEASONS GREETINGS
FROM THE STAFF OF SPOKE

Back in the game

Condors pull from bottom of table

By Neven Mujezinovic

The Condors men's indoor soccer team recorded its second win in the Kitchener indoor community league Dec. 3.

The 6-5 victory over an extremely skilful Polonez side marked an end to a two-game losing streak for the Condors. The Condors are currently in fifth

place in the nine-team league with six points.

The Condors imposed their game early on. Before the Polonez players could even warm up properly, the Condors were up 2-0, with goals from Dan Mihelic and Derhan Sherifali. But Polonez patiently inched its way back into the game, equalizing five minutes before the end of the half. Mihelic

restored the Condors' lead to 3-2 minutes later.

In the second half, Sherifali and Zlatko Lakoseljic restored the Condors two-goal cushion and with the score 5-3, the Condors looked to be cruising to a routine victory.

Polonez, a fine team made up of a blend of youth and experience, changed tactics midway through the second half. This resulted in them almost pulling off an upset over the Condors.

The Polish team realized their best bet was to sit back and allow the Condors to take the game to them and then hit them with brisk counter attacks. This change produced two quick goals and the score was tied at five.

The crucial moment of the match came five minutes from time. Polonez, looking for the winning goal, had a glorious chance when their striker came face to face with Condor keeper Bill Johnson.

As the ball sped towards the lower left-hand corner, Johnson dove and made a tremendous reflex save to keep the score tied. This seemed to give renewed hope to the Condors, for soon after, Sherifali capped a fine performance with the winning goal and a hat trick.

The 6-5 win was thoroughly deserved. The Condors cause was not hampered by the fact that for perhaps the first time since they started play in this league, they had something that resembled a full-strength squad, even though several key players were still absent.



Marko Juricic gets ready to challenge a Polonez striker in indoor soccer action Dec. 3.
(Photo by Neven Mujezinovic)


This space for

\$44

call


748-5366

SPOKE



Greyhound
Canada

MEET THE TOP DOG.



More destinations. More buses.
More value.

Low student fares.
Climate controlled, smoke free coaches.

STUDENT RETURN FARES			
Kitchener to:			
Guelph	\$10	London	\$18
Toronto	\$22	Peterborough	\$46
Belleville	\$52	Windsor	\$52
Ottawa	\$91	Sudbury	\$101

Price does not include GST.
Other discounted destinations plus oneway student fares available.

TRAVEL CUTS

170 University Ave. W.

886-0400

Greyhound
Canada

15 Charles St. W.

741-2600

Take it Easy. Take the Greyhound.
www.greyhound.ca

Blue Mountain Ski Trip



Friday, January 29

DOON STUDENT



NOINCO

Montreal Massacre commemoration

Issuing a challenge to end violence

By Sarah Thomson

Kim Pate, executive director of the Elizabeth Fry Society, challenged young men and women to make changes to a system that perpetuates violence, especially against women and children, on Dec. 2.

The presentation, held in the Sanctuary, was sponsored by the Women's Resource Group and the social-services program to commemorate the ninth anniversary of the Montreal Massacre of 14 women at the L'Ecole Polytechnic.

She challenged young people to create non-violent role models for those in their communities who were already experiencing violence. She also encouraged people to think about what social changes they would like to see addressed.

In Ontario, for example, there have been cutbacks to health, education, and social programs, while at the same time, there has been an increase in regression in the criminal-justice system.

Pate said these elements are making society more unsafe. Instead of criminalizing violence against women and dealing with it in a constructive way, there is a focus to put men away for longer periods of time, said Pate, which in turn creates a backlash towards



Kim Pate delivers her presentation on Dec. 2 in the Sanctuary.
(Photo by Sarah Thomson)

women and children, in terms of a response from the criminal-justice system.

Pate also encouraged students to challenge attitudes toward issues in relationships, such as date rape, to decide for themselves what is acceptable.

Young people also need to

recognize issues such as cutbacks and the adverse effects they have on making the situation of violence towards women and children more dangerous.

Pate found, in her experience working at a legal clinic, that many of the young people that were being brought into the

child-welfare system were from homes with brutalizing conditions. Such conditions include poverty, lack of opportunity, and social dysfunction because of physical, drug or sexual abuse.

These types of living conditions end up putting young people in child welfare. In the process of taking into account their needs, the system's and the parents' needs, what is most often missed is the young people becoming part of the system as perpetrators, said Pate.

Boys tend to act out by inflicting violence, while girls generally engage in self-injurious behaviour such as prostitution. Once men are in the criminal-justice system, it further heightens the problem.

"If we look to a system that relies on power over people, what we are actually doing is forcing the very dynamic that is used by men so often in these situations to control their children, their partner and to perpetuate the abuse," said Pate.

Because of cutbacks to social programs, women who are being abused are in a more vulnerable position because of the increased economic risk.

At the same time, there is an increased risk on their lives when

they announce their intention to leave.

What Pate would like to see is not zero-tolerance, but men finding and creating non-violent role models for themselves. Violence should be recognized, labelled, and criminalized if necessary, but reacted to in a way that men are held accountable to take responsibility for their behaviour.

She encouraged women and

Because of cutbacks to social programs, women who are being abused are in a more vulnerable position.

children to have support systems in place for themselves and to be supportive of others.

She emphasized developing respectful and caring relationships with their male father figures, parent figures, or partners in the context where the relationship is not based on domination and control but on respect and trust.

Raising funds for domestic assault

By Sarah Thomson

Doing his part to help in the elimination of violence is Jamie Warren, a 1982 broadcasting graduate and country-music artist.

After witnessing a domestic assault on a friend, Warren wrote and recorded the song The Secret, about the issue of domestic abuse.

Approached by many people who said his song helped them to get out of the situation, he said, "I think that the issue is important and something needs to be done. A lot of cut funding affects many people. Fifty one per cent of all women will be affected at some point in their life by domestic violence. That's scary."

He wanted to include a toll-free number for victims in the liner notes of his recording, but he could find only a regional number in Toronto. Warren took it upon himself to start up the Warren Foundation in August 1997.

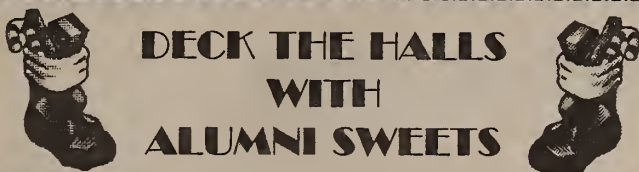
The foundation raises funds through benefit concerts and its goal is to start and fund a national toll-free line for victims of domestic assault. His benefit concerts also provide funds for the community in which they are performed as half of the money is donated to the local women's programs.

SPOKE welcomes your comments:

Feel free to express your opinion through a letter to the editor

Send e-mail to:

spoke@conestogac.on.ca



**THE CLOSEST GUESS
WINS YOU THE TREATS!**

Sponsored by:

Alumni Association
**Conestoga
College**

**Make a dash to check out the stash
located in the Alumni Services Office
Room 2B04**

Draws held every Friday, Dec. 4, 11, 18

Drop your ballot off in the box located beside the display

Name: _____	GUESS <input type="text"/>
Program: _____	
Phone No.: _____	
Year _____	
One ballot per person/week	



Healthwise

Diabetes

Diabetes is a serious health problem throughout the world. It is the fourth leading cause of death by disease in this country and the leading cause of new cases of blindness.

Diabetes is not a single disease. It is a group of disorders linked to a combination of factors, resulting in the reduction or completely absent production and secretion of the hormone insulin by the pancreas. Leading to high amounts of sugar in the blood and systematic life threatening conditions in the body.

There are primarily two types of diabetes: type I in which insulin production is minimal or absent; and type II which insulin is possibly excessive, adequate but delayed secretion or reduced but not absent secretion.

Risk factors include genetic predisposition to diabetes, obese persons, persons with high stress, and older adults. Native Americans are at greatly increased risk and need regular evaluation. People with impaired blood sugar tolerance with blood sugar levels that are higher than normal are also at increased risk for Diabetes. In addition the presence of pancreatic or endocrine disease or the use of certain medications such as corticosteroids also are an alert to an evaluation for Diabetes.

Diabetes is a life long disease, which requires constant monitoring and control. Monitoring involves testing blood sugar levels routinely and detecting signs and symptoms of hyperglycemia (high blood sugar levels). Control is primarily aimed at achieving a balance of diet, activities and medication. Together with appropriate monitoring, control and education, Diabetes is managed and decreases the chance of disease progression and developing disease related complications.

For more information on diabetes please contact your primary physician or your local Diabetes association.

WOMAN'S OPPORTUNITY AWARD

funded by

SOROPTIMIST FOUNDATION OF CANADA

- DO YOU LIVE IN THE CAMBRIDGE OR GUELPH AREA?
- ARE YOU A MATURE WOMAN HOPING TO RE-ENTER THE JOB MARKET?
- ARE YOU HEAD OF YOUR HOUSEHOLD OR HAVE A FAMILY DEPENDENT UPON YOU?
- ARE YOU ENROLLED IN A VOCATIONAL OR TECHNICAL TRAINING PROGRAM?

YOU MAY APPLY FOR THE WOMAN'S OPPORTUNITY AWARD

DEADLINE DECEMBER 15

APPLICATIONS AVAILABLE IN THE REGISTRAR'S OFFICE

OR

STUDENT SERVICES OFFICE

Doing her part

Local volunteer reflects on positive Virginia experience

By Brent Clouthier

For Melody Steinman, helping people isn't just a job; it's a way of life.

Steinman, who works at Conestoga College's information centre, recently returned from a year of missionary and volunteer work in Richmond, Va.

"When I hear the term 'missionary work', I react to it," Steinman says.

"I'm a Christian, so it doesn't matter if I'm working at the college or in Africa or in Richmond. It's a lifestyle; it's a commitment."

Through a program offered by the Mennonite Church called Mennonite Voluntary Service, Steinman spent October 1997 to October 1998 working at the Richmond Peace Education Center, a non-profit peace and social-justice organization.

"Half my job was editing their newsletter," Steinman says. "I decided, with the program committee, on what articles to include." She also typed them up and did the page layout.

She worked full-time on the newsletter, which came out 10 times a year.

The other half of her work at the centre involved peer-mediation/conflict-resolution workshops.

"I participated in some of those and also did some of the administration work — finding the

facilitators and arranging the workshop details. When there were inquiries about them [the workshops were advertised in the newsletter], I would also work with that person to try to get them to take the course." She adds that most of the workshop clients were local schools.

"If I believe this, and you believe this and the next person, then hopefully, we can work together to get something changed, like the death penalty."

*Melody Steinman,
local volunteer, who recently
returned from Richmond, Va.*

She was also involved with a workshop called Alternatives to Violence that visited men's and women's correctional facilities.

Steinman explains that the Richmond Peace Education Center was founded 18 years ago by a group of people who were committed to peace and social-justice issues, as a response to the nuclear-arms race.

"Since it was a peace and social-action organization, I also went to a number of demonstrations," she

remembers.

"The death penalty is big in Virginia, so there were a number of demonstrations around that. It was primarily holding up a sign to educate people as they went by."

Steinman says during the year she spent in Richmond, there were 11 executions throughout the state, second only to Texas.

"Doing things really does make a difference," she says.

"Even for just consolidating to myself that 'Yeah, I do believe that this is wrong', that this is what is important to me. If I believe this, and you believe this and the next person, then hopefully, we can work together to get something changed, like the death penalty."

She says the experience, on the whole, was a very positive one. "It was something I wanted to do. I gained a lot; it was a learning experience."

She credits her Conestoga co-workers for adding to the worthwhile opportunity.

"I'm thankful that I work at a place like Conestoga College that can give me a leave of absence and then give me my job back. The staff was so welcoming and supportive of my going and coming back. That means a lot," she adds.

Steinman had done similar work when she finished high school. She volunteered in Winnipeg at a day program for adults who were developmentally challenged.




Movie Week

Christmas Movie everyday!

Dec. 14 - 18
12:30 pm
In The Sanctuary





CANADIAN INSTITUTE OF MANAGEMENT

GRAND VALLEY BRANCH

Leading The Way For Over 50 Years

ADVANCE YOUR CAREER IN MANAGEMENT

Learn about the CIM program in the Conestoga College Continuing Education Catalogue

or

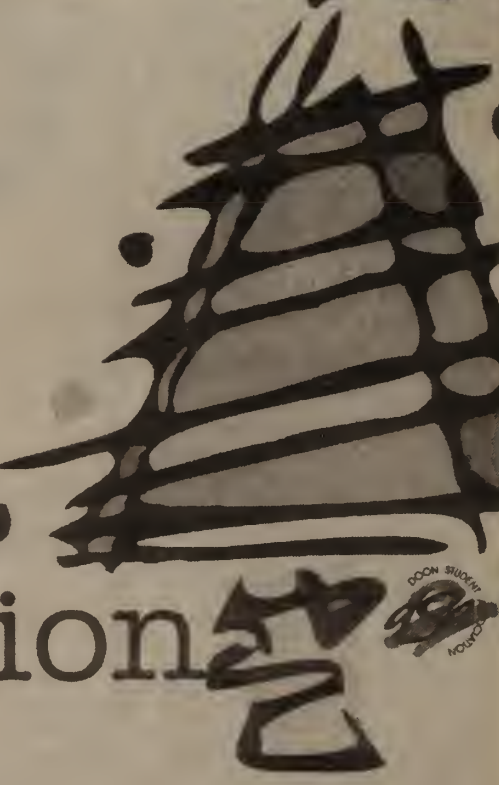
Contact: Mr. Jay Moszynski
in room 1B49 @ Doon Campus
1-519-748-5220 ext 492

or

CANADIAN INSTITUTE of MANAGEMENT
National Office
1-800-387-5774
e-mail: office@cim.ca
Internet: http://www.cim.ca

Seasons Greetings

From the Doon Student Association



Journalism student shoots for the top

Lisa Wilhelm

Imagine fleeing for safety to another country where you have nothing but a roof over your head. Most people would struggle and many would not even make it. But this is not the case for a second-semester journalism student at Conestoga College.

Darko Zeljkovic, 33, came to Canada in 1992, searching for safety from the war that was taking place in Bosnia. He came with nothing when he moved in with his great aunt in St. Catharines, but has made a life for himself since his arrival.

After a few years in St. Catharines, he moved to Kitchener where he applied for the general-arts program at Conestoga to improve his English.

Although he did not think he would be accepted to the journalism program before improving his language barrier, he was surprised when he received his admittance.

After almost two semesters, however, Zeljkovic has realized that it may not be the writing aspect of journalism that he wants to pursue, but the photography angle.

"I started to realize that I like graphics and design and other aspects of photo also. I'll have to make some serious decisions over Christmas," said Zeljkovic.

Not only has Zeljkovic built on his love for photography by teaching himself various aspects of this potential career, but he has entered many contests, proving himself to the photography world.

Two of the most recent contests that he entered include the 18th



Darko Zeljkovic, a second-semester journalism student, studies some recently developed negatives. (Photo by Lisa Wilhelm)

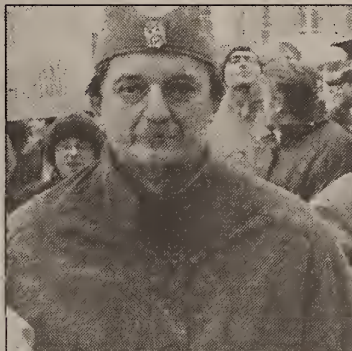
Annual Spring Photography Contest, sponsored by Serbin Communications, which left him in the top 100 honourable mentions out of 32,500 entries. The second is the International Open Amateur Photography Contest, sponsored by The International Library of Photography, where he has made it as far as the semi-finals.

Zeljkovic, who buys four or five

photographic magazines a month, says that he follows a lot of the contests advertised in the magazines and submits the photos that he thinks are best suited to win.

"Usually the contests have categories," he said. "I send in lots of photo-journalist-type pictures."

Although Conestoga offers two photography classes within the journalism program, Zeljkovic has



Protesters, by Darko Zeljkovic

taken it upon himself to advance his knowledge in the photography world.

"I'm still learning a lot. I'm buying books and magazines . . . and follow photo-journalists around from the Record and shoot what they're shooting. I learn a lot from them."

As for the future, Zeljkovic said he may finish one more semester here and then apply to Loyalist College in Belleville for their photo-journalism program. After that, he will consider coming back here to finish the last two semesters.

"(When I graduate), I will find a job here and work for newspapers or a magazine for a year or two to try and gain experience and make a name for myself," he said.

He also plans to continue entering contests. In fact, he already has an entry lined up for April that offers a prize of two tickets to Europe.

"I have different ideas for the digital (category). I'm starting to get more into that now."

Making wishes come true

By Melanie Spencer

Only 24 of 42 children signed up for the Doon Student Association's children's Wish Tree have been picked to receive a gift.

"We're still having students come in and pick names from the tree," said Jenn Hussey, DSA vice-president of operations.

She said the last thing on students' minds right now is the Wish Tree during the week of exams. But, she added, this year is better than the past year in terms of student involvement. Programs, as well as individuals, were helping out.

"It's a great contribution for a student to donate \$10 or \$15, but it's an even greater contribution for a class to donate."

Hussey said the DSA would purchase gifts for the remaining children if their names were not chosen.

The Wish Tree was set up to give presents to Conestoga parents having financial difficulties for their children.



Huntington's Amaryllis
Help Us Grow a Brighter Future
Support the fight against Huntington disease.
Phone toll free, Huntington Society of Canada
1-800-998-7398

PADDY'S IRISH RED


We only sell what we can't drink ourselves

Are you a student at Conestoga?
Do you have an interesting story?
Contact SPOKE!
You can reach us by
phone: (519) 748-5366
fax: (519) 748-5971
or e-mail: spoke@conestogac.on.ca

TUTORS DESERVE THANK-YOU!

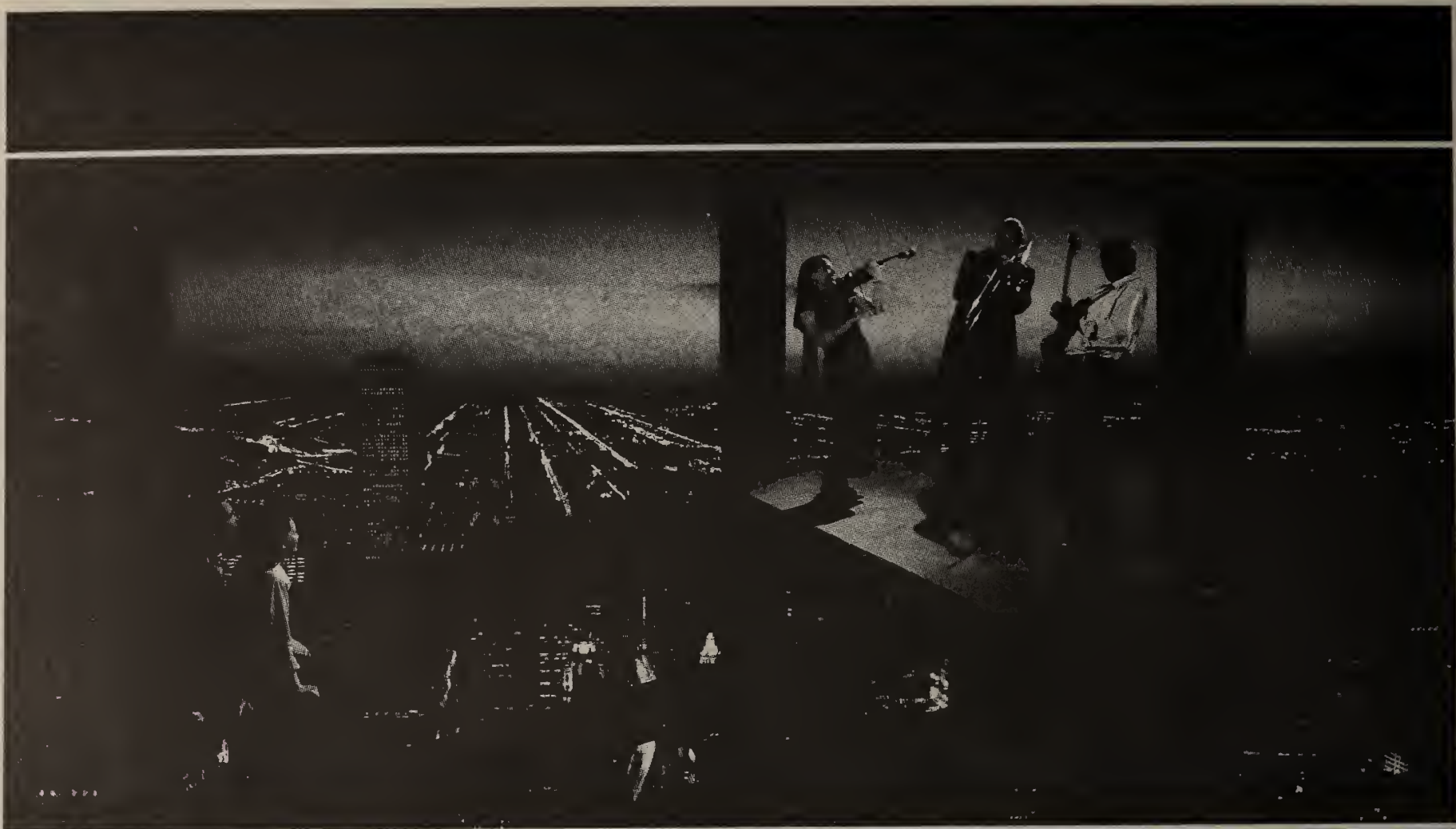
Peer Tutors helped many students this semester with areas of difficulty in their studies in Health Sciences, Technology, and Business.

On behalf of those you helped - a sincere thank-you.



Remember: Tutors can be hired through Student Services (2B02) if you are experiencing difficulties. Hire a tutor next semester!

NEW YEAR'S SPRING BREAK	TIME CONSTRAINTS	Classifieds		SPRING BREAK	PANAMA CITY BEACH, FLORIDA
Wildest party tours to Cuba, Montreal, Daytona, Quebec. Free trips, discounts, bonuses for group organizations. Celebrating 38 years of quality and reliability. Call: 1-888-593-6666 E-mail: uniropa@net-com.ca www.uniroyalpatravel.com	Writer's block? Can't find words or the research materials you need? We can help. WRITE: Customer Essay Service 4 Collier St., Ste. 201 Toronto, Ontario, Canada M4Z 1L7	0 DOWN FREE DELIVERY P11 Complete Computer Package, 19"-36" Sharp TV, VCR, Goldstar Bar Fridge, Fischer Mini Stereo System. Call today: 1-800-267-9466	TRAVEL-TEACH ENGLISH 5 days/40 hr. (June 2-6 Guelph) TESOL teacher cert. course (or by correspondence) 1,000s of jobs available NOW. Free info. pack, Toll-free: 1-888-270-2941	Florida, Mexico, etc. Best Hotels, Parties, Prices Book early and save!! Earn money + free trips! Campus Reps/ Organizations wanted Inter-Campus Programs 1-800-327-6013 www.icpt.com	Beach Front Hotel Feb. 27-Mar. 7 Hotel: \$149.00 Bus and Hotel: \$299.00 Book before Nov. 30 Save \$120 per person \$25 to reserve a spot, balance later. Call: 893-1113 or 1-800-962-8262 Ask for Brad



TM

du Maurier ARTS

**Supporting 215 cultural organizations across Canada
during the 1998-99 season**